

# Safety Plan

**When things get too scary**, I can be safe at (write down safe places around your home where you can stay until the violence is over):

.....

**A person I trust** to help me be safe is:

.....

Their phone number is:

.....

Their address is:

.....

.....

**A secret word** which lets them know I need help is (also tell the other person this word so they know):

.....

**Other people I can call** if there is an emergency are:

The police - 000 and

.....

My address is: .....

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